



The City of Redmond is a contractor for DSHS!

Do you receive respite hours from DDD/ DSHS? If so, you can now use those hours towards recreation programs offered by the City of Redmond. For more information or to register for classes using respite hours, please contact Barbe Eggerud at 425-556-2330 or beggerud@redmond.gov.

Something for Everyone!

Don't just look in the Adaptive Recreation section – be sure to check out the great recreation opportunities in your age bracket in the rest of the Recreation Guide too! At the City of Redmond we encourage and support the participation of individuals with disabilities in ALL of our programs. If accommodations are needed to participate in a program, please contact our Inclusion Services Office at 425-556-2330 or beggerud@redmond.gov at least two weeks prior to the program start date.

Volunteer Opportunities

- Day Camps
- Inclusion Services
- Social Programs
- Sports Programs
- Trips and Tours

Are you looking for something fun and rewarding to do in your spare time? The Inclusion Services Office and Adaptive Recreation Program are always looking for friendly, energetic volunteers. For more information about volunteering, please contact Barbe Eggerud at 425-556-2330 or beggerud@redmond.gov.

Special Notes

In order to assist our staff and provide better service, we would greatly appreciate being notified of any accommodations a participant may need at least two weeks prior to the class start date.

The City of Redmond and its staff does not provide personal services such as feeding, dressing and toileting. Participants are responsible for providing their own attendant for personal services. Participant attendants will not be charged for the class, however, we ask that you call our registration offices at 425-556-2300 ext. 3 and register them as the participant's attendant so that we do not overbook the class.

Should any participant behave in a manner that threatens the safety of the staff, fellow participants or themselves, they may be immediately dismissed from the program.

For more information about Inclusion Services or the Adaptive Recreation Program, please contact Barbe Eggerud at 425-556-2330 or beggerud@redmond.gov. For TTY calls, please dial 711 for TRS.

To contact staff before, during and after programs, call 425-556-2330.

Sports & Fitness

Martial Arts & Movement Class

Discover Martial Arts in a fun and welcoming environment. Explore movements, techniques, breathing exercises and self-defense skills. Classes and curriculum are ongoing. Beginners are accepted any session. Classes are taught by professional black belt instructors. Enso Center, 8708 196th Ave NE Redmond, WA 98053, 425-869-0276, www.enso-center.org.

Instr: Enso Center Staff

Loc: ENSO Center Studio

Age: 13+ yrs..... *Fee:* \$35R/\$42N

38262	Wed	Sep 7-28	7-8pm
38263	Wed	Oct 5-26	7-8pm
38264	Wed	Nov 2-30	7-8pm
38265	Wed	Dec 7-28	7-8pm

Basketball

It's time to start the Team Redmond basketball season! This season we will meet for approximately 20 practices, the schedule will be passed out at the first practice and will be updated throughout the season. Participants will compete in a Regional Jamboree in January and a Regional Tournament in February. New players are always welcome to join the fun!

Instr: TBA

Loc: Redmond Jr High Gym

Age: 8+ yrs..... *Fee:* \$60R/\$72N

38292	Tue, Thu	Nov 1-Mar 1	7-8:30pm
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Bowling League

Do you love to bowl? If your answer was yes then it's time to join the first ever Redmond Adaptive Recreation Bowling League at Tech City Bowling Lanes! Teams will be assigned on the first night. The first place team will be awarded trophies! Sign up today!

Instr: TBA

Loc: Old Redmond Schoolhouse Community Center Lobby

Age: 16+ yrs..... *Fee:* \$160R/\$192N

38330	Wed	Sep 21-Nov 9	5-7pm
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Socials

Tuesday Night Social Club

We are going to go eat at some of the area's best restaurants! Make new friends or meet up with old ones in this great social program. Bring \$20 for dinner and tip, change will be sent home. On Potluck nights bring your favorite food dish to share.

Loc: Old Redmond Schoolhouse Community Center Room 204
Age: 13+ yrs..... Fee: \$10R/\$12N

38302	Potluck & Game Night	Tue	Sep 13	6-8pm
38303	Red Robin	Tue	Sep 20	6-8pm
38304	Spazzo Italian Restaurant	Tue	Sep 27	6-8pm
38305	CrossRd's Food Court	Tue	Oct 4	6-8pm
38306	Azteca	Tue	Oct 11	6-8pm
38307	Outback Steakhouse	Tue	Oct 18	6-8pm
38308	Potluck & Game Night	Tue	Oct 25	6-8pm



Thursday Night Grab Bag

Sign up for one or all of these fun and interactive classes! Each week we will learn a new skill or try a new activity!

Loc: Old Redmond Schoolhouse Community Center Room 204
Age: 13+ yrs..... Fee: \$12R/\$15N

38315	Emergency Preparedness	Sep 15	6:30-8:30pm
38316	Cooking Class	Sep 22	6:30-8:30pm
38317	Indoor Gardening	Sep 29	6:30-8:30pm
38318	Health & Wellness	Oct 6	6:30-8:30pm
38319	Art Masterpieces	Oct 13	6:30-8:30pm
38320	Stepping Stone Creations	Oct 20	6:30-8:30pm
38322	Basic First Aid	Oct 27	6:30-8:30pm

Trips & Tours



Northwest Trek

Let's go see the bison, bears, wolves and much, much more. We will take a tram tour and explore our way through the Cheney Discover Center. Bring a sack lunch or money for lunch at the Fir Bough Cafe.

Instr: TBA
Loc: Old Redmond Schoolhouse Community Center Lobby
Age: 13+ yrs..... Fee: \$48R/\$58N
38033 Sat Sep 24 9am-6pm

Autumn Afternoon Cruise

Enjoy the Autumn sea breeze on a cruise through the Ballard Locks. After the cruise we will take a stroll on the board walk and dine on fish and chips at Ivar's Seafood Bar. Don't miss this exciting and fun event!

Instr: TBA
Loc: Old Redmond Schoolhouse Community Center Lobby
Age: 13+ yrs..... Fee: \$65R/\$78N
38032 Sat Oct 8 2-8pm

Harvest Hoedown

Spend the day on the farm, winding through a corn maze, going on a hay ride, and judging the perfect pumpkin! Corn mazes can be muddy so wear boots to stomp through the puddles in! Bring a sack lunch and money to buy your own pumpkin from the patch or a bag of kettle corn!

Instr: TBA
Loc: Old Redmond Schoolhouse Community Center Lobby
Age: 13+ yrs..... Fee: \$35R/\$42N
38242 Sat Oct 22 10am-5pm

Games, Pizza & Movie Party

The evening will include playing board games, eating pizza and watching movies with your friends! Pizza, pop, and popcorn will be provided. Bring your favorite movies and games!

Instr: TBA
Loc: Old Redmond Schoolhouse Community Center Auditorium & Kitchen
Age: 13+ yrs..... Fee: \$32R/\$38N
38024 Sat Nov 5 2-9pm

Thanksgiving Dinner Dance

Let's dress up and celebrate Thanksgiving in style! Enjoy a traditional Thanksgiving dinner of turkey with all the fixings. Then join your friends on the dance floor and dance the night away!

Instr: TBA
Loc: Old Redmond Schoolhouse Community Center Auditorium & Kitchen
Age: 13+ yrs..... Fee: \$20R/\$24N
38034 Sat Nov 19 5-9pm

Point Defiance Zoolights

Bundle up and stroll through the Point Defiance Zoo as it comes aglow with more than half a million lights. Sip hot cocoa while you explore seas of dazzling lights and breathtaking displays. Enjoy your favorite pasta dinner at the Old Spaghetti Factory in Tacoma. Bring money for dinner.

Instr: TBA
Loc: Old Redmond Schoolhouse Community Center Parking Lot
Age: 13+ yrs..... Fee: \$35R/\$42N
38228 Sat Dec 10 3-10pm

